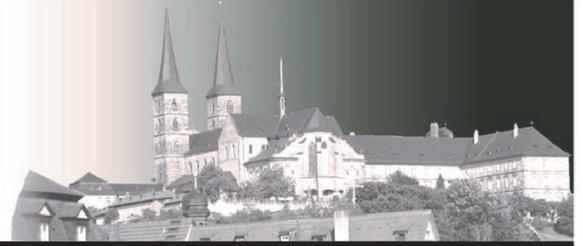




# WARNER WEEKLY

News & Information at Your Fingertips



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Thur. Sept. 16, 2010

## U.S. Army Garrison Bamberg celebrates Soldiers, Families

By Ashley Bateman, USAG Bamberg Public Affairs

Adults, children and teens enjoyed an afternoon of fun, food and games and an evening of live entertainment when Warner Barracks celebrated Soldier and Family Appreciation Day Friday.

Family and Morale, Welfare and Recreation personnel estimate more than 2,000 community members spent time in the Building 7000 parking lot and fest tent between 3 – 8 p.m.

Director of Family and MWR Darrell Clay was impressed with the numbers, especially in the evening hours.

"I think it was a fantastic turnout for Operation Rising Star," Clay said. "I actually think we had more people in the tent than last year."

The festivities officially began at 3 p.m., when Lt. Col. Steven L. Morris, garrison commander, spoke from the stage in the fest tent, thanking Soldiers and Families for their continued hard work and support.

"First, on behalf of the Army, I want to thank our Soldiers and Families for their contributions and outstanding service to our nation," he said.

"And a special thank you to all of our family volunteers – you really make a difference."

Morris then listed some of the quantified accomplishments exemplifying the Army Family Covenant at work in U.S. Army Garrison Bamberg in the past year to include: 8,307 hours of free hourly care provided for community members in the Child Development Center, School Age Services and Family Child Care homes for deployed and wounded warriors worth over \$27,000; more than \$40,000 in a 20 percent reduction. *(SFAD continued on page 11)*



Ashley Bateman  
Melbeth Williams, first-place winner of Warner Barracks' 2010 Operation Rising Star competition, belts out her final performance on stage at Friday's Soldier and Family Appreciation Day.

## Warner Barracks to host force protection exercise this month



File Photo  
Emergency personnel from Bamberg and Warner Barracks work together to react to a staged scenario during the 2007 Force Protection Exercise.

By Mindy Campbell,  
USAG Bamberg Public Affairs

Community members may see increased traffic and road detours on Warner Barracks when the U.S. Army Garrison Bamberg hosts a force protection exercise Sept. 24.

The annual training, which will begin at 6 p.m. and last late into the evening, will bring several different host nation organizations to post including the German police, fire officials and ambulances, said Daniel Lalonde anti-terrorism officer.

"The aim of the force protection exercise is to test our response procedures in case of an incident," Lalonde said.

Due to the exercise, there will be congested traffic near the main gate and Whispering Pines golf course. Residents may also hear an announcement over

the loudspeakers at the start of the exercise.

In addition, some of the roads on post will have limited access or will be blocked.

Roads affected will be 16th Street near the Military Police station, JFK Boulevard and Lincoln Street, which will temporarily change from a one-way street to a two-way street during the exercise.

"We encourage family members to stay home and away from the congested areas," Lalonde said. "If they are in these areas, we ask that people stay alert and to watch for detour signs."

The exercise will allow the various organizations and garrison personnel to put into practice the safety measures and reactionary devices already in place in case of an emergency.

# Bamberg Chapel service honors 173rd Soldiers

By Ashley Bateman, USAG Bamberg Public Affairs

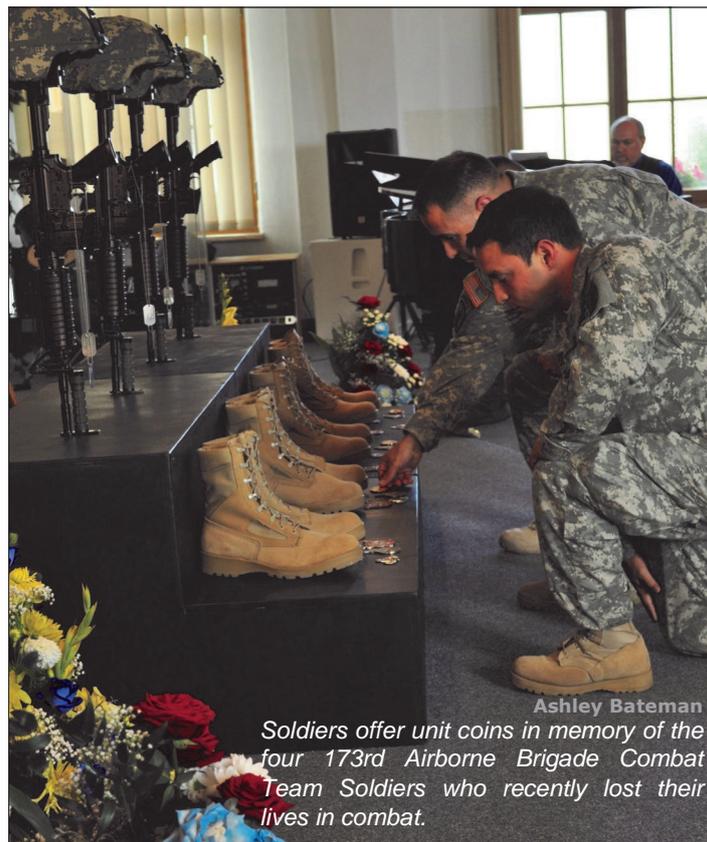
The Bamberg Chapel honored Staff Sgt. Vinson B. Adkinson III, Sgt. Raymond C. Alcaraz, Spc. Matthew E. George and Spc. James A. Page in a memorial service Monday. All four Soldiers were members of the Brigade Support Battalion, 173rd Airborne Brigade Combat Team, stationed in Bamberg but currently deployed to Afghanistan.

While conducting a security patrol Aug. 31, the vehicle the four Soldiers were in was hit with an Improvised Explosive Device planted by insurgents. Although medical personnel on the site and Forward Operating Base Shank worked to save their lives, Adkinson, Alcaraz, George and Page all succumbed to injuries received in the blast.

Tributes from commanders, fellow Soldiers and friends were read in honor of each of the deceased. Adkinson, George and Page were all part of A Company, 173rd BSB.

Capt. Monika Comeaux, rear-detachment commander for 173rd BSB, read notes comprised by the Soldiers' company commanders. Capt. Kate Fullenkamp, commander for A Co., 173rd BSB, spoke of the young men under her leadership.

"Each of these Soldiers brought with them amazing energy, focus and discipline, the attitude of true Soldiers," Fullenkamp wrote. "Always ready to give 100 percent to any mission asked of them, I know that I and the rest of the Wildcard family will be forever grateful to have ([MEMORIAL](#) continued on page 11)



Ashley Bateman  
Soldiers offer unit coins in memory of the four 173rd Airborne Brigade Combat Team Soldiers who recently lost their lives in combat.

# Suicide prevention training highlights tips, warning signs

By Mindy Campbell, USAG Bamberg Public Affairs

Hands shot up in the audience.

Almost every one of the more than 300 Soldiers in the Bamberg movie theater raised their hand when asked if they knew someone who either attempted or committed suicide during a recent suicide prevention training class Sept. 9.

The sea of raised hands provided a snapshot of an unfortunate reality in the Army, officials said. Historically, the Army suicide rate has been less than the national average. However, during the past decade the Army suicide rate has been on the rise; multiple deployments and increasing divorce

rates are only a few of the stressors in a Soldier's life that has contributed to the increase.

During the first seven months of 2010 there were 145 suicides, the Army reported. In June alone, there were 32 suicides. And for the first time, in 2008 the Army's suicide rate surpassed the general population's rate.

To help combat this increase, the Army Substance Abuse Program hosted the recent training class, which was held in conjunction with the Army's Suicide Awareness Month campaign, to help Soldiers and family members recognize stressors, identify warning signs and develop some coping mechanisms.

Representatives from the Military Family Life Consultant program, Behavioral Health and the chaplain's office spoke at the training. The speakers covered everything from who is most at risk to potentially dangerous behaviors and even provided simple tips to help cope with stress.

"During high-stress times, you tend to eat junk food," said Otis Goodwin, a Military Family Life Consultant. "On a very basic level, you need to control what you are eating. You might not be able to control your work, job or emotions, but you can control what you eat."

Tonya Hancock, from the ASAP office, got the audience laughing, while addressing ([PREVENTION](#) continued on page 12)



**Lt. Col. Steven L. Morris**

U.S. Army Garrison  
Bamberg, Commander

USAG Bamberg, Public Affairs Officer  
**Renate Bohlen**

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# Wild West-themed fest to celebrate children, play

By Mindy Campbell, USAG Bamberg Public Affairs

There are many holidays that celebrate adults. There's Mother's Day and Father's Day. There's even a Grandparents Day and National Boss Day.

Soon, the children of U.S. Army Garrison Bamberg will have a day to call their very own.

The Wild, Wild West Kids Fest, held Sept. 18, will celebrate children with a fun-filled day of events, said Patrice Turner-Lapp, Child and Youth Services professional development and training specialist. The fest will be held behind the School Age Center, Building 7669, from 11 a.m. until 2 p.m.

"It is really a day to celebrate children," Turner-Lapp said. "Everyone has a day – there's Mother's Day, Father's Day and Grandparents' Day. It's time for children to have their own day as well."

The event will feature country line dancing for children, a Tae Kwon Do demonstration, inflatable maze, a mechanical bull and events such as face painting and coloring. A Chuck Wagon lunch will also be available.

The event is part of the Boys & Girls Clubs Day for Kids, an event created to help build stronger relationships between adults and children. The Day for Kids events offer adults a chance to take a break and create a memory with their children, Turner-Lapp said.

According to research, when adults spend time with children it helps them develop a positive self-image and a sense of belonging, usefulness and purpose. In fact, by spending more meaningful time with adults, children's learning increases while incidents of childhood obesity, drugs and behavior issues decrease, the Boys & Girls Clubs organization reported.



File Photo

Last year's Fun in the Sun-themed Day for Kids offered a variety of games, activities and face painting, as seen above.

At the fest, organizers are also asking parents to pledge to play with children, Turner-Lapp said.

"With the rise in obesity we want to encourage children to be active and for parents to be active with them," she said.

For more information about the Wild, Wild West Kids Fest, call 0951-300-8698. For more information about the Boys & Girls Clubs Day for Kids events, or to find resources for parents on creating opportunities and activities with children visit <http://www.dayforkids.org>.

## Warner Barracks personnel react to possible threat

By Ashley Bateman,  
USAG Bamberg Public Affairs

People working out in U.S. Army Garrison Bamberg's Freedom Fitness Facility Sept. 8, were contained in the building when an explosive device was detected in the surrounding area.

Maj. Seamus Garrett, USAG Bamberg's provost marshal and incident commander, received the news in the early morning when many Soldiers were taking part in Physical Training activities at the FFF.

"It was about 6:30 a.m. or so and we received a report from someone who was going into the Freedom Fitness Facility," Garrett said. "They said they had seen something that looked like a bomb under a bush outside, in the vicinity of the gym."

The military police responded immediately, dispatching patrols, cordoning off the area and contacting the Explosive Ordnance Disposal Team in Grafenwöhr, Garrett said.

"Once that happens and once I arrived, we go into a mode where we can contain every-

thing and keep everyone away from the device and figure out whether it is live or not, which is what we did," Garrett said. "The facility was the safest place to keep people at the time."

Everyone responded very quickly, he added.

The Criminal Investigation Division came on the scene to gather information and make sure community members using the gym did not leave until the gravity of the situation was determined.

A bomb-sniffing military working dog was also brought to the area. These animals are trained by Soldiers to have a minimum of 95 percent accuracy in detecting a live explosive.

"The bomb dog didn't pick up a scent," Garrett said. "After consultation with the bomb dog handlers and Pond's security we determined the bomb was something leftover from a training exercise the previous day."

Once the area was deemed secure, gym-users were released from the facility.

"There was no danger, but the point is we had a plan in place that if it was an actual device we could have evacuated the facility," Garrett said. "I thought it worked very well and it was a good opportunity for us to practice TTPs (Tactics, Techniques and Procedures) and our response capabilities to something like this. Though it is not likely a serious event will happen here in Bamberg, if something did happen, we have good systems in place to respond."

Garrison Commander Lt. Col. Steven L. Morris was pleased with the reaction of the security and facility personnel and reiterated that though no live device was found, the reaction of forces was completely realistic.

"This was not a planned exercise," Morris said. "It allowed us to see how different organizations react to a possible explosive device discovered on the post and everything was done in an efficient and professional manner."

USAG Bamberg will have a Force Protection Exercise to further the preparedness of security and other garrison personnel in case of an emergency on Sept. 24.

# U.S. Army Europe paratrooper to receive Medal of Honor

HEIDELBERG, Germany -- The White House announced recently that Staff Sgt. Salvatore Giunta of the 173rd Airborne Brigade Combat Team will receive the Medal of Honor for his actions in an ambush in Afghanistan's Korengal Valley in 2007.

"We are extremely proud of this courageous and humble Soldier," said Brig. Gen. Michael A. Ryan, deputy commanding general of V Corps. "He is a true role model for all of the Army team here in Europe."

The 25-year-old sergeant from Cedar Rapids, Iowa enlisted in November 2003 and has served his entire military career with the 173rd's Battle Company, 2nd Battalion, 503rd Infantry Regiment, a U.S. Army Europe unit in Vicenza, Italy.

Giunta's platoon was ambushed at close range by an enemy force on the evening of Oct. 25, 2007. During the firefight that followed, Giunta, then a specialist, organized his squad to repel the attack and repeatedly moved through enemy fire to help and recover wounded comrades.

The nomination documents for the award recommended Giunta be presented the



**Courtesy Photo**  
Staff Sgt. Salvatore Giunta of the 173rd Airborne Brigade Combat Team is the first living American Soldier to receive the Medal of Honor since the Vietnam War.

Medal of Honor for his "selfless actions and personal courage, which were decisive factors in changing the tide of the battle..."

Despite bullets impacting on and around him, Spc. Giunta fearlessly advanced on the enemy and provided aid to his fallen comrades. His actions saved the lives of multiple paratroopers and changed the course of the battle in his platoon's favor."

Giunta is the first living American Soldier to receive the Medal of Honor since the Vietnam War and the second Europe-based Soldier to earn America's highest award for valor in combat since the start of post 9/11 combat operations.

Spc. Ross McGinnis of 1st Armored Division's Schweinfurt, Germany-based Company C, 1st Battalion, 26th Infantry was posthumously awarded the medal in 2008 for saving the lives of his fellow team members by throwing himself on an enemy grenade during a firefight in Baghdad in 2006.

The 173rd Airborne Brigade Combat Team ("Sky Soldiers") is an airborne infantry brigade combat team based in Vicenza with other battalions in Schweinfurt and Bamberg. As a subordinate unit of the U.S. Army Europe's V Corps, the brigade trains for and conducts contingency operations to support EUCOM and other combatant commands.

## The TRICARE Entitlement Program: How it can work for you

By Bavaria MEDDAC Public Affairs

It is important for you and your Family to have the best health possible. The month of September is your Health Care Benefits Awareness Month. We would like to focus on 4 important facets of your health:

**Physical health – week 1**

**Mental health – week 2**

**Dental health – week 3**

**Travel Health – week 4**

**Dental Health:** We've come a long way in the last 100 years in the field of dental health. Painful toothaches, bleeding gums, bad breath and difficulty eating were pretty common at the turn of the century and many people over the age of 65 had already lost most or all their teeth. Today, things are very different and most people work hard to take care of their teeth. Many kids have never had a cavity thanks to fluorinated water, sealants and good daily dental care.

**Good Dental Care:** Avoid eating or drinking items with high sugar content – if you do, brush your teeth immediately afterwards. Brush at least twice a day – especially before bed.

Clean between teeth daily with floss or inter-

dental brushes.

Visit your dentist regularly.

Military Dental Treatment Facilities provide care for Active Duty Members; however, family members are seen on a space available basis.

**TRICARE Dental Program:** The TRICARE Dental Program is a great benefit for active duty family members, Reservists and Reserve family members. TDP is a voluntary, premium-based dental insurance program that offers coverage for dental procedures received from certified host nation providers. The TDP program in Europe is the same one that covers military Families in the states – except it actually offers better benefits.

Monthly premiums for a single family member are \$12.69 or \$31.72 for multiple family members (premium costs are adjusted each February). The government pays 60 percent of the cost of the dental insurance premiums. Each enrollee is covered for a maximum of \$1,200 per contract year (Feb. 1 – Jan. 31) for most routine services.

TDP offers a lifetime maximum benefit of \$1,500 for orthodontics. OCONUS the benefit is 50 percent of the total cost.

Maternity Dental Benefit allows for an additional (third) dental cleaning for mothers-to-be in a consecutive 12-month period at no additional charge.

**How to enroll:** You can enroll in the TDP at the United Concordia Companies, Inc. website online or via the mail. Sponsors must enroll for a minimum of 12 months. For more information, e-mail UCCI at [oconus@ucci.com](mailto:oconus@ucci.com) or visit [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com).

**How to get care:** No referral is needed for routine dental care.

Non-availability Forms are needed for orthodontics and implants.

"Preferred Dentists" will submit the claim for you with UCCI – it is best to check before you get care since you may have to "pay and claim" with some dental providers.

Retirees living overseas can now take advantage of the Enhanced-Overseas TRICARE Retiree Dental Program. The TRDP is a voluntary dental benefits program with enrollee-paid premiums, administered by the Federal Services division of Delta Dental of California. Visit [www.trdp.org](http://www.trdp.org) for more details on the program and coverage specifics.

## Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:  
<http://www.bamberg.army.mil/mobi/form.asp>.

### CrossFit Fundraiser

Landstuhl CrossFit is participating in a fundraising event for the Wounded Warrior Project, sponsored by CrossFit, known as Fight Gone Bad 5. All donations go to the Wounded Warrior Project in honor of Sgt. Raymond Alcaraz, who was Killed in Action on Aug. 31 in Logar Province, Afghanistan. The rules of the drive can be viewed at <http://www.fgb5.org>. For more information or to support the cause, please visit <https://rapidgiving.com/fundraising/page/6561/vics-fgb-page>.

### Cub Scouts

There is a Cub Scout Pack here in Bamberg with four active dens: Tiger Cubs (1st grade), Wolves (2nd grade), Bears (3rd grade), Webelos (4th and 5th grade). There are three meetings per month. There are one hour activities to accomplish steps toward rank advancements. Pack meetings are once a month (Camp Out, Pine-wood Derby, Bowlarama, etc). Volunteers are needed to assist with den meetings and committee planning. Come and join in the fun of Cub Scouts. For more information, call 0162-234-0906 or e-mail [michael.mouritsen@eur.army.mil](mailto:michael.mouritsen@eur.army.mil).

### Force Protection Exercise

There will be a Force Protection Exercise on Warner Barracks Sept. 24. Community members should be aware there will be security and emergency personnel acting out reactive scenarios. Traffic congestion and noise are expected.

### Holiday Greetings

An Army and Air Force Hometown News Service film crew will be in Bamberg on Oct. 6 from 9 a.m. - 5 p.m. to record Holiday Greetings. The program allows Soldiers and Families to record greetings that will be televised on major U.S. TV network stations and on Armed Forces Network.

### Running of the Herd

The 173rd Airborne Brigade Combat Team's annual Running of the Herd 24-hour relay will start at noon on Nov. 8 and go until noon on Nov. 9 on Warner Barracks. The run is open to all. Registration deadline for correct T-shirt sizes is Oct. 8. Late registration is accepted day of race. For more information and race packets, e-mail [Robert.b.mullins@us.army.mil](mailto:Robert.b.mullins@us.army.mil).

### Open Season

There will be a federal employee open season briefing Oct. 13 in Building 7055 from 1-2 p.m. Attendees will receive information on federal employee health benefits and program, dental insurance and long-term care insurance. For more information, e-mail [AFSPA@AFSPA.org](mailto:AFSPA@AFSPA.org).

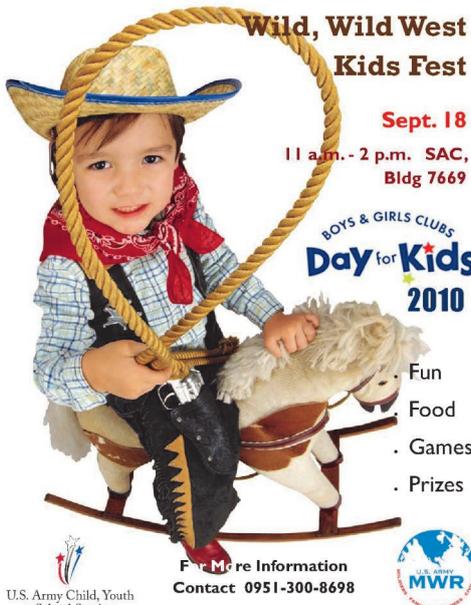
## Weekly Reminders

### Engineer Heritage

Engineers across Europe are invited to the European Castle Ball scheduled for Sept. 24 at Würzburg Castle to celebrate engineer heritage, partner with allies and to synchronize and integrate engineers across Europe. The dress for service members is formal military attire and for civilians formal evening attire or business suit and tie. For more information and tickets call 0620-280-5049.

### BSCC Kick-Off Luncheon

Community members can enjoy their first Bamberg Spouses and Civilians Club luncheon free of charge. The kick-off luncheon will be held on



**Wild, Wild West Kids Fest**  
Sept. 18  
11 a.m. - 2 p.m. SAC, Bldg 7669

BOYS & GIRLS CLUBS  
**Day for Kids 2010**

- Fun
- Food
- Games
- Prizes

For More Information  
Contact 0951-300-8698

U.S. Army Child, Youth & School Services

MWR

Sept. 27 at 11:30 a.m. at the Warner Conference Center. To make a reservation, e-mail [bssc.reservations@yahoo.com](mailto:bssc.reservations@yahoo.com).

### Army Photos Wanted

Your face could be on a NASCAR vehicle. The U.S. Army and Stewart-Haas Racing are seeking photos of Army Soldiers and veterans for a special paint scheme for the U.S. Army #39 Chevy Impala car driven by Ryan Newman. The car will be in the NASCAR Sprint Cup Series race at Phoenix International Raceway Nov. 14. The photos will be featured on the hood, trunk, side panels and bumpers of the race car. Go online at [www.goarmy.com/ourphotoshere](http://www.goarmy.com/ourphotoshere) to submit a photo now until Sept. 24.

### Postal Service

U.S. Army Garrison Bamberg has a new update for its Postal Service Center webpage. The page now includes instructions and links to the U.S. Postal Service for filing online postal claims. The page also includes a new Temporary Mailing Instructions form that customers may use to submit holding or forwarding instructions for their mail online. For more information, visit <http://www.bamberg.army.mil/directorates/dhr/psc.asp>.

### Got Horror?

Bamberg needs your most gruesome and horrific concepts to make this year's Haunted House the most frightening yet. The Haunted House runs from Oct. 29 - 31. For more information, call 0951-300-8659 or 0951-300-8647.

### Suicide Awareness Month

On Sept. 23 there will be a booth at the Post Exchange with pamphlets and other information for Suicide Awareness Month.

### Customer Service Assessment

Community members can now give feedback on garrison services in an online survey. U.S. Army Garrison Bamberg leaders are asking community members to log on to [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org) and fill out the 2010 Customer Service Assessment. The survey is online until Sept. 26. For more information, call 0951-300-7370 or e-mail [Beate.Schatz@eur.army.mil](mailto:Beate.Schatz@eur.army.mil).

### AWANA

Come join AWANA, the weekly children's Bible Club on Sundays from 4-5:30 p.m. at the high school gym. This free club is for 4-year-olds - 6th grade students. The club runs from September-

May. For more information, call the Bamberg Chapel at 0951-300-1570.

### Pet Photo Contest

Through Sept. 30, authorized exchange shoppers can submit a photo of their pet along with a short description of their four-legged friend to [PatriotFamily@aafes.com](mailto:PatriotFamily@aafes.com) with "Patriot Family Pet" in the subject line for a chance to win a \$1,000 Army & Air Force Exchange Service shopping spree. Additional prizes include a \$500 shopping spree for first place and eight runners up will receive either an aquarium, pet bed, pet's view eye cam, pet gate or a portable pet crate.

### NAF 101

Bamberg Non-Appropriated Funds Civilian Personnel Advisory Center will be conducting employment workshops for all eligible individuals interested in learning how to apply and write a resume for a NAF position. This is not a general class on how to write a resume. It is specifically tailored for NAF vacancy announcement applicants. The workshop will be in the Bamberg CPAC Conference Room in Building 7486. All workshops are on Fridays from 10 - 11:30 a.m. The next date is Oct. 22. Sign up the Tuesday prior to each scheduled workshop as there is a maximum of eight slots available. For more information regarding training or eligibility, call 0951-300-8027.

### Utility Tax Relief Services

The Family and Morale, Welfare, and Recreation Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. Other energy and utility providers can also be used, but customers will have to register through the USAG Schweinfurt UTAP. For more information, call the Bamberg tax relief office at 0951-300-1780 or the Schweinfurt tax relief office at 09721-96-1780.

### Volunteers Needed at the Chapel

U.S. Army Garrison Bamberg Community Chapel is looking for volunteers to fill the following volunteer positions: musician for the Protestant service, musician for the Catholic service, Catholic religious education coordinator, Protestant religious education coordinator and Catholic clergy. If interested in volunteering at the chapel, call 0951-300-8879.

### DES/Vehicle Registration Office

Bamberg license plates are available for motorcycles and trailers. Everyone that is due for renewal and still has the old U.S. Army Europe plates has to change to the new Bamberg plates. To renew plates, customers must bring a new insurance card (not older than 120 days). For more information, call 0951-300-7580.

### German Classes

Army Community Service, Relocation Readiness Program, offers free German classes every month. Beginner classes are scheduled Tuesdays from 10 a.m. to noon and Wednesday from 6-8 p.m. Intermediate classes are Tuesdays, noon to 2 p.m. and Wednesdays, 2-4 p.m. Advanced classes are Tuesdays, 2-4 p.m. and Wednesdays, 4-6 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

### Passport and Immigration Fees

The rates for Consular Reports of Birth Abroad and Passports have increased. The new rates are the following:  
Adult Passport Book Renewal: \$110  
Adult Passport Book Initial: \$135

Child Passport Book: \$105  
 Consular Report of Birth Abroad (CRBA): \$100  
 Visa Pages: \$82  
 Additional Information on other consular rate increases is available at [www.bamberg.army.mil/directorates/dhr/passport.asp](http://www.bamberg.army.mil/directorates/dhr/passport.asp). Look for the rate increases link, which will be located near the top of the page. If you are the spouse of a deployed Soldier, you can still apply for your child's Consular Report of Birth. You can also apply for your child's passport with the proper paperwork. Failure to do either of these can result in you not leaving Germany on schedule. For more information, stop by the Passport Office located in Building 7290 between 8 a.m. and noon or call 0951-300-8928.

#### Lutheran Worship Service

The U.S. Army Garrison Bamberg Community Chapel now sponsors a liturgical church service every first and third Sunday at 9 a.m. in the Bamberg Chapel Family Life Center. All Lutherans or other liturgically-minded people are welcome to attend. For more information about the service, call 0951-300-8141 or e-mail [david.jacob@eur.army.mil](mailto:david.jacob@eur.army.mil).

#### Passport Office

The Bamberg Passport Office has upgraded its website. You can now access all the informational handouts at <http://www.bamberg.army.mil/directorates/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

#### Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free childcare is provided. For more information, call 0951-300-1570.

#### Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - noon; closed on Friday afternoons for mandatory training, federal holidays and weekends. For more information or if you need to make an appointment, call 0951-300-1750. In case of a medical emergency, call the Bamberg Military Police at 0951-300-114. The TRICARE Nurse Advice Line, a toll-free number 00800-4759-2330, is available 24 hours a day, seven days a week to talk to a nurse about health care concerns, get self-care advice, schedule appointments or arrange a phone call with your military care provider.

#### ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays. For more information, call 0951-300-7777.

#### Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 6 p.m.
- Saturdays: 11 a.m. - 6 p.m.
- Sundays: 11 a.m. - 6 p.m.
- Free Wi-Fi is available around the CAC (Building 7047).

#### Pre-Separation Briefing

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, resume preparation assistance and information about veterans'

benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing; held weekly and about an hour long. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years out from their projected retirement date. For more information, call 0951-300-8925.

#### Customs Office

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday through Friday, and closed on German and American holidays. For more information, call 0951-300-7460 or 0951-300-9312. The fax number is 0951-300-8665. Office personnel can assist with importing items, selling items to non-ID card holders, help visiting family members get permission to drive USAREUR-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

#### Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG. For more information, call 0951-300-7777.

#### Sexual Assault

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 0951-300-8397 for your local office or 0162-510-2917 for the 24-hour hotline.

#### Veterinary Facility

Veterinary Office hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and open Friday 8 a.m.-noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory and on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

#### Family Strengths and Stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy and Stress and Anger Management Classes. For information, call 0951-300-7777.

- **Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.
- **New Parent** - Being a new parent can be a challenge. Join the New Parent Support Group every Friday from 10-11:30 a.m. in Building 7487.

#### Airport Shuttle

The Frankfurt Shuttle Bus departs from the Bamberg Army Community Service building Monday-Friday at 6:35 a.m. and arrives at the airport at 9:45 a.m. The first return shuttle departs from the airport at 11 a.m. and arrives in Bamberg at 3:15 p.m. The second shuttle departs from the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The drop-off point is at the ACS building. The shuttle is not available on American and training holidays.

## Purse Swap Party



**Bring in your old purses!  
 Buy "new," sell or trade to  
 someone else!**

**When: Sept. 21**

**Where: Community Activity Center**

**Time: 7-9 p.m.**



## Youth and Teens

### Ballet Class

Registration is now open for Child, Youth and School Services SKIES Unlimited ballet classes. The ballet program is for ages 3-8 and classes are on Thursdays from 2 - 4:30 p.m. at Building 7669. Check the class brochure for specific times and holidays. For available slots, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

### Youth Lessons

Child, Youth and School Services SKIES Unlimited has instructors for tennis, racquetball and dance for youth ages 7-18. For more information, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

### Aqua Barons

Meet new people and become a part of the Aqua Barons team. Get into shape and stay in shape by swimming. Earn awesome rewards like trophies, medals, ribbons and even a varsity letter. Travel around Europe for swim meets to places like Italy, Spain, Belgium, England and many more. For more information about the team, e-mail [bambergaquabarons@yahoo.com](mailto:bambergaquabarons@yahoo.com).

### Volunteers Needed

The Bamberg Middle High School is seeking volunteers for tutoring students in any subject at the middle and/or high school level. If you would like to help out, call Celeste Rush 0951-300-8874 or e-mail [celeste.rush@eu.dodea.edu](mailto:celeste.rush@eu.dodea.edu).

### Service Office

The U.S. Army Garrison Bamberg Retirement Services Officer/Casualty Manager is located in Building 7290, Room 208, next to Burger King. For more information, call 0951-300-7514.

### Teen Stress

Each summer, the National Military Family Association's Operation Purple program provides a free week of camp for thousands of military youth who have a parent serving in the Uniformed Services. The National Military Family Association created a kit to give the people in military teens' lives a way to help them manage stress and affirm the positive aspects of military life. The messages in the tool kit summarize what the military teens said over the past few years at the camp. To obtain a copy of the tool kit and learn more, visit <https://www.mymilitarysource.com/News/2010/07/OperationPurple>.

**Sports, Health and Fitness**

**Golf Tournament**

Whispering Pines Golf Course is hosting a German-American Scramble Sept. 18 at 9 a.m. The two-person best ball tournament is \$30 per person and includes a barbecue lunch. Prizes will be given for first through fourth place. For more information, call 0951-300-8953.

**Bamberg Football Schedule**

The high school's football team, the Barons, will be playing Sept. 18 in Aviano, Italy; Oct. 2 in Bamberg on the Freedom Fitness Facility field for Homecoming; Oct. 9 in Hohenfels; Oct. 16 in Ansbach; Oct. 23 and 30 game locations are To Be Determined; Nov. 6 in Baumholder.

**Health Issues**

Bamberg Health Clinic representatives will be at the Warner Barracks commissary Sept. 24 from 11 a.m. - 3 p.m. to answer health-related questions.

**Bowling Lanes**

The Birchview Lanes Bowling Center is located in Building 7690. For more information, updates and events, visit the Family and MWR website <http://www.bamberg.army.mil/directorates/dfmwr/bc.asp> or call 0951-300-7722.

**Closures / Changes**

**Military Fuel**

Due to construction, the gas station at Building 7916 will be closed from Sept. 27 to Oct. 8. Please make sure that tactical vehicles are filled-up prior or use the gas station at Building 7102 near the Transportation Motor Pool.

**Tax Center**

The Bamberg Tax Center has extended its hours of operation. The center will be open through Sept. 30 on an appointment basis only. The center is open Monday through Friday from 8 - 11:30 a.m. and 1 - 3:30 p.m. For more information or to schedule an appointment, call 0951-300-8252.

**Photo Services**

The Bamberg Training and Support Center's Photo and Graphic Studio will be closed on Oct. 8 for annual training for all visual information specialists.

**Freedom Fitness Facility Closure**

The Freedom Fitness Facility will be closed Oct. 8 - 11 for the gym's annual deep cleaning. The FFF will re-open Oct. 12 at 5 a.m. For more information, contact Ernest Johnson at 0951-300-8890.

**Used Car Lot**

The vehicle resale lot has moved to its new location, an area of Building 7000 parking lot.

**Finance Hours**

The Bamberg Finance Customer Support Team has extended our hours of operation to better serve the community. The new hours are Monday - Friday 8:30 a.m. - 4 p.m. The office is closed for lunch from noon - 1 p.m.

**Foot Lockers**

Foot lockers are no longer delivered to customers through the customer service window at the mail room, located in Building 7116. If a customer receives a notice for a foot locker, they will be given the card and a strip map to the new mail annex facility located in Building 7103, Bays 21 - 24. The mail annex facility is open Monday through Friday 10 a.m. - 3:30 p.m. for foot locker pick up. This will alleviate wait time at

**IN CONCERT**  
**KRIS ALLEN**  
American Idol Season 8 Winner

**Free Admission!**

<b>Date:</b>	<b>Time:</b>	<b>Place:</b>
<b>Oct. 3, 7 p.m.</b>		<b>Basics Bldg. 7110</b>

the mail room window. Customers will be able to back-up to the annex doors and load foot lockers directly into their vehicles. Pick-up appointments may be made outside of normal hours based on availability of staff. For more information, call 0951-300-8572.

**Dental Clinic**

Preparing Soldiers for deployment and reintegration is the primary focus of the Bamberg Dental Clinic until early 2011. These priorities result in diminished access to space-available dental care for family members greater than 18 years of age. Care for children up to and including age 18 and access to orthodontic care should be minimally affected. All beneficiaries will continue to be able to access sick call for treatment of dental emergencies. During this time, family members can receive care from TRICARE's preferred providers. Call TRICARE Dental Program customer service in the U.S. toll free from Germany between 8 p.m. Sunday and 8 p.m. Friday Eastern Standard Time; first dial 0800-225-5288; after the AT&T prompt dial 1-888-418-0466. Or, contact the TRICARE Area Eurasia-Africa Dental Office at 0630-267-6358.

**Continuing Education**

**Overseas Study**

The University of Maryland University College Europe announces two three-credit undergraduate field study courses - Dublin, Ireland: A Brief Literary History and Expatriate Writers in Venice; 1800 to Present, offered this October in Dublin, Ireland, and Venice, Italy. The registration deadline for both courses is Sept. 26. Dublin, Ireland: A Brief Literary History (Oct. 16-23) introduces students to the literary history of Ireland, emphasizing poets, dramatists and fiction writers of the 20th century, such as James Joyce, Lady Gregory and W.B. Yeats, who helped forge one of the greatest bodies of modern literature written in English. Participants will attend evening theater performances in Dublin and visit various sites including the James Joyce Museum and Tower, the Old Parliament, Trinity College and St. Patrick's Cathedral. Expatriate Writers in Venice: 1800 to Present (Oct. 17-23) is a unique opportunity to explore romantic Venice and its influence on world-renowned writers such as Ernest Hemingway, Henry James and Robert Browning. Participants will discover the visual influences of Venice -

architecture, art works and picturesque landscapes - while studying the great literature produced in the city. The course also includes literary walks and on-site readings. For more information, please visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy), call 06221-3780 or e-mail [fieldstudies@europe.umuc.edu](mailto:fieldstudies@europe.umuc.edu).

**College Fair**

Child, Youth and School Services is partnering with Vilseck High School to offer a 2010 College Fair on Sept. 29 from 3-5 p.m. at Vilseck High School. The event is open to all community members interested in college, trade schools, scholarships and financial assistance. Volunteers are needed to represent their alma mater at an information table or to assist with set up. If you would like to volunteer, call 0951-300 1770 or e-mail [ann.bruennig@eur.army.mil](mailto:ann.bruennig@eur.army.mil).

**Federal Aid**

Students are encouraged to explore the many financial aid opportunities available while enrolled in UMUC Europe, including grants, low-interest loans and monthly payment plans. The 2010-2011 Free Application for Federal Student Aid application is now available for students to begin applying for 2010-2011 federal financial aid. Grants may be used along with Veterans Affairs benefits, scholarships, military Tuition Assistance and military spouse tuition assistance. For more information on registration, financial aid and services, contact a local UMUC Europe field representative, call 314-370-6762 or 06221-3780, or visit [www.ed.umuc.edu](http://www.ed.umuc.edu).

**German 101**

A free Introduction to German class is offered every Monday at noon at the library. Participants will learn some German words and phrases. For more information, call 0951-300-1740.

**University of Phoenix**

The University of Phoenix is open Monday through Thursday from 7:30 a.m. - noon. UOP is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can assist in starting a master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 0951-208-5350.

**Entertainment and Leisure**

**Auditions**

Come showcase your talents. Join the Stable family for the Rodgers and Hammerstein classic, "The Sound of Music." No experience is required. Prepare a short song to sing. Auditions are open to ages 6 and up. There are limited roles for kids who are capable singers. Shows tentatively scheduled to run Dec. 2-5 and 9-12. Rehearsals are generally three evenings per week, plus pre-show crunch. Non-ID card holders can audition by providing full name, passport or Ausweis number, date of birth and car license plate no later than Sept. 20 for gate access. For more information, call 0951 300 8647 or e-mail [jack.austin@eur.army.mil](mailto:jack.austin@eur.army.mil).

**Outreach KONTAKT Club Events**

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship. The Outreach KONTAKT bowling team meets Fridays at 7 p.m. at Birchview Lanes. On Thursdays the music group meets at 8 p.m. at the KONTAKT clubhouse on the airfield. For more information, contact the German president Klaus Kirchhof at 0951-24378 or at [b.k.kirchhof@web.de](mailto:b.k.kirchhof@web.de) or contact the American project officer Capt. Carlos Rivera at 0951-300-1610 or at [Carlos.rivera2@eur.army.mil](mailto:Carlos.rivera2@eur.army.mil).

# Defense Department contest to pay cast for cost-saving ideas

Service members and Department of Defense civilian employees have a chance to make money helping DOD save money, during the ongoing INVEST Awards contest.

money, avoid cost, reduce cycle time, and increase agility. There is not a required timeframe, but ideas should contribute to [Gates's] five-year goal of \$100 billion in savings."

INVEST - which stands for Innovation for New Value Efficiency and Savings Tomorrow - will give cash prizes for the best-cost saving ideas sent to DOD by Sept. 24. Twenty-five final winners will be selected and presented with prizes of \$500 or \$1,000 about a month after the contest ends.

Ideas can be submitted easily with a brief online form available at the contest website below. Contestants must be service members or DOD civilian employee to be eligible, and are encouraged to submit multiple ideas.

"We are launching [this] online contest for the purpose of soliciting and rewarding creative ideas to save money and use resources more effectively," said Defense Secretary Robert M. Gates when the contest was launched in early August.

"The men and women of DOD are a key part of this effort," Gates said in a message to DOD personnel about the awards. "I look forward to hearing your ideas directly, untarnished and unfiltered, on how we can improve the way we do business and spend taxpayer's money more effectively."

According to the INVEST website, the program is looking for ideas that will "save

To submit ideas or read more about the program, go to [www.defense.gov/invest](http://www.defense.gov/invest).



## SEPTEMBER SUICIDE PREVENTION MONTH

Prevent suicide. Be willing to help.

Need to Talk?

Army Substance Abuse Program	469-1710	0951-300-1710
Army Community Service	469-7777	0951-300-7777
Behavioral Health/Social Work Services	469-7793/8795	0951-300-7793/8795
Garrison Chaplain	469-1570/8853	0951-300-1570/8853
Family Life Chaplain	469-8141	0951-300-8141
Military Police	DSN 114	0951-300-114
Military Family Life Consultants	or 469-8700/7770 (non emergency)	
Bamberg Klinikum	0175-600-8373 or 0175253-3020	
Landstuhl Hospital	0951-5030	06371-86-7184

USAG Bamberg Suicide Prevention Task Force

## Camp Darby hosts annual Run to the Tower run, walk

*By Joyce Costello, USAG Livorno Public Affairs*

The annual Run to the Tower is a great way to combine physical fitness and visiting one of the man-made wonders of the world during the 2010 Columbus Day weekend.

This year, Camp Darby's Run to the Tower 12 Kilometer Fun Run will take place on Friday, Oct. 8. The race begins at 9:30 a.m. in front of the Camp Darby Parade Field and goes through the flat roads along the Arno River until it finishes in front of the Leaning Tower of Pisa.

Runners will enjoy a flat, fast course with two water points, road guards and police at intersections and a bus at the finish to bring them back to Camp Darby.

The race is limited to 500 runners and walkers, with the first 300 registrants receiving the Run to the Tower T-shirts. Registration is open from Sept. 27- Oct. 6. Applications will not be accepted the day prior nor the day of the race.

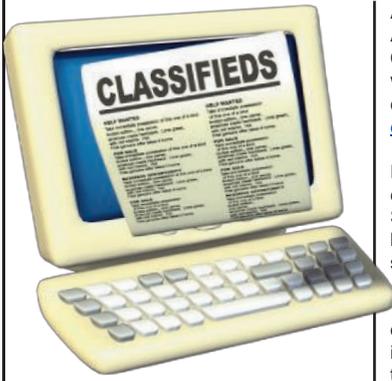
Registration forms are available at the Camp Darby Outdoor Recreation Center and online at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil). Mailed registration forms must be received by ODR (DSN 633-7775) no later than Oct. 6.

Medals are awarded to top three finishers in seven female and male categories at 11:15 a.m. by the Leaning Tower of Pisa.

Sea Pines Lodging can accommodate groups and individuals. Call DSN 633-7225 to make a reservation today.

# Get "wild" at the Day for Kids event, Saturday

## 11 a.m. - 2 p.m.



Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

**EMPLOYMENT**

Central Texas College is looking for qualified criminal justice instructors. Applicants should have a two-year degree from a regionally accredited school with a minimum five years of work experience in the field or a four-year degree from a regionally accredited school with three years of work related experience. If interested, contact the Bamberg representative at 0951-300-7467, e-mail [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu) or stop by the Education Center. (7/19/10)

There is an immediate opening for a full-time Wellness Counselor at the Bamberg Women, Infants, and Children Office. This position requires a Registered Dietitian or a Bachelor of Science degree in nutrition, dietetics, nursing, or Registered Nurse with Associate of Arts degree or home economics with an emphasis in nutrition. Job requirements include computer experience, knowledge of maternal and infant nutrition as well as proven counseling skills. Must have a current driver's license. Travel may be required. Interested persons can send resumes to [Jenny.Dietrich@eur.army.mil](mailto:Jenny.Dietrich@eur.army.mil) or 09721-96-8986/6791. (7/19/10)

AAFES Bamberg is accepting applications for entry-level retail and food service positions. Join our team, log on to [www.aafes.com](http://www.aafes.com) today and be part of our new workforce of tomorrow. For more information, call the Human Resources Office at 0951-303159.

**AUTOMOBILES**

For Sale: Mitsubishi Montero LS 1995 \$2,800 OBO; SUV 6-passenger, Security

Alarm. System, CD/MP3 player, Heater/AC, Automatic, Power Windows, Cruise Control, Excellent Condition, No problem with vehicle inspection, Owner PCS'ing, call 0152-285-74842 or e-mail [Amber-glen5602@yahoo.com](mailto:Amber-glen5602@yahoo.com). (8/30/10)

For Sale: Two Harley Davidson Motorcycles, both garage kept. 2007 Night Rod Special. Gloss black, 9,500 miles, excellent condition, new tires, new battery, two sets of mirrors, cover included for \$13,000. 2008 Soft Tail Night Train. Flat black, 4,000 miles, excellent condition, custom grips and foot pegs, cover included for \$15,000. For more information or pictures, e-mail [abraham.goepfert@yahoo.com](mailto:abraham.goepfert@yahoo.com). (8/23/10)

For Sale: Ford Fusion, 2007. Asking \$10,750. 2007 Ford Fusion I4 SE, 4-cylinder, dark blue pearl metallic, charcoal interior, black leather seats. 35,000 miles, regular maintenance, no accidents. Will deliver anywhere in Germany. E-mail [becklor@gmail.com](mailto:becklor@gmail.com) for photos and more information. (8/10/10)

For Sale: 2007 Yamaha YZF-R6, less than 500 miles. No scratches, no dings, U.S. specs, Yamaha standard blue. Asking \$6,800 OBO contact by e-mail at [jonathan.f.roberts@us.army.mil](mailto:jonathan.f.roberts@us.army.mil). (8/2/10)

For Sale: 2010 Mercedes GLK; 4x4; Upgraded exterior color: sand beige metallic; Upgraded interior color: almond, full leather w/ woodgrain trim; Automatic-7-speed Steptronic; only 2,900 miles and is in excellent condition. Asking \$34,000 Call 0160-341-8028 (7/27/10)

For Sale: 2006 Harley Davidson FXDWG, chopper blue, passed inspection on bike and pipes, mustang seat including passenger and sissy bar, maltese cross accessories, braided cables, brand new wide tire kit and front tire still in box. Very well taken care of. Asking \$15,000 obo. Interested parties can e-mail [amandabuckout@yahoo.com](mailto:amandabuckout@yahoo.com). (7/14/10)

**FOR SALE**

AAFES Bello 60" TV stand black glass and wood face. Purchased three months ago for \$500, selling for \$400. Two cherry wood DVD / CD cases. Each holds 156 DVDs, \$60 for both. Pictures available. For more information, e-mail [stacydodson123@yahoo.com](mailto:stacydodson123@yahoo.com) or call 0170-328-7496. (8/23/10)

AFN satellite dish system, cost \$250 new. Asking only \$100 to sell it with brackets, cables and mounting instructions. Call 0176-283-54207 or 0951-300-9344 Bamberg. (8/9/10)

Located in Bamberg, Pier 1 dining room table with 6 chairs. Excellent condition. Two years old. New cost was \$1,300, asking \$600 or best offer. Self pick up. Call Randy at 0160-781-5496 or e-mail [riesr@t-online.de](mailto:riesr@t-online.de).

German single bed, wood head and foot board; matching night stand; large shrank with sliding doors and a 2-door shrank for TV on top and shelves inside. All 4 pieces sold together \$300. Single pieces can be sold separately. Pictures available via e-mail. Contact by phone Monday-Friday 5:30-7 p.m., or 9 a.m.-7 p.m. on weekends at 0919-592-9891, or e-mail [corlaurai@t-online.de](mailto:corlaurai@t-online.de). (7/14/10)

**MISCELLANEOUS**

Anyone having any claims on or obligations to the estate of Sgt. Raymond C. Alcaraz of the 173rd Brigade Support Battalion, should contact the summary court officer, 1st Lt. Rachel Larson, at 0951-300-9118 or e-mail [Rachel.larson@eur.army.mil](mailto:Rachel.larson@eur.army.mil). (9/15/10)

Anyone having any claims on or obligations to the estate of Pfc. James A. Page should contact the summary court martial officer, Chief Warrant Officer Ling F. Chen, at 0951-300-7756. (9/15/10)

Anyone having any claims on or obligations to the estate of Pfc. Matthew E. George should contact the summary court martial officer, 1st Lt. Homar M. Marval, at 0172-445-7909 or e-mail [homar.marval@eur.army.mil](mailto:homar.marval@eur.army.mil). (9/15/10)

Garage wanted! Looking for a garage to park a vehicle in Bamberg, preferable on post. Call 0179-763-2766.

PCSing? Can't find a new home for your dog? Please don't abandon him/her, call us first. No questions asked. We are a privately funded non-profit dog rescue. Will give your dog solace and placement with a new, loving family. Located in Bamberg and open from 10 a.m.-10 p.m. Call 0954-532-2881 or e-mail [solacedo-grescue@yahoo.com](mailto:solacedo-grescue@yahoo.com). (8/23/10)

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 p.m. dinner and Bible study at our home (Sonnenstrasse 7; 96175 Pettstadt; e-mail [www.cadence.org/huisjen](mailto:www.cadence.org/huisjen) or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (post chapel).

**Join the Bamberg ULTIMATE FRISBEE Team!**

Ultimate Frisbee is a fast sport requiring teamwork and tactics.

All ages and skill levels are welcome on our team. It doesn't matter if you have never thrown a frisbee before or are an experienced player. We are a coed mixed team of younger players and adults.

During the summer, we participate in a number of tournaments around Germany.

The spirit of the game is most important to us. We invite you to check out our training and have fun!

Contact: Dan Rossell ([daniel.rossell@eur.army.mil](mailto:daniel.rossell@eur.army.mil)) at 0951-300-7399 or 0152-0270-4554

Training: Mondays and Wednesdays 6:30 p.m. Footballfield „FC Wacker“, Margaretendamm 7



**AD SUBMISSIONS**

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after three weeks of being published in the Warner Weekly. If you have something you want to advertise in the classified section, please e-mail your submission to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by e-mail. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 0951-300-1600 or e-mail [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

**After Hours Emergency Care**

For emergency medical care outside of the Bamberg Health Clinic's business hours, dial 114 on a German phone line or call the Bamberg Military Police at 0951-300-8700.

For emergency dental care outside of the dental facility's business hours, a dentist is on call and can be contacted at 0951-300-7492. Family members enrolled in Tricare's dental program can also contact an off-post provider. Enrollees receive 100 percent coverage for emergency care.



**Trips and Travel Opportunities**

Take a trip with Bamberg Outdoor Recreation in September

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 0951-300-9376/7955. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/directorates/dfmwr/odr.asp>.



**Sept. 18 Oktoberfest \$50**  
A must see for anyone in Germany is Munich's Oktoberfest! Enjoy the world's largest fair by drinking a "mass" of beer in one of the 14 beer tents,

ride the rides, and indulge in traditional Bavarian food. This is one fest you don't want to miss! Trip includes transportation. Transportation departs from the Chapel Parking Lot at 8 a.m. and returns at approximately 11:30 p.m.

**Sept. 25 Nürnberg Zoo \$20**  
With well-designed paths among the animal enclosures, enjoy a leisurely stroll as you observe the many species the zoo possesses. Includes transportation and admission. Children ages 4-12 are \$10, children 3 and under are free. Trip departs from the Chapel Parking Lot at 9 a.m.

**Sept. 28 Intro to Climbing \$30**  
Ever had the urge to climb to the top of a rock face? This is your chance to try it out, learn the basics or improve upon skills you already have. Join ODR as we introduce you to the exciting sport of outdoor rock climbing. The trip includes transportation and equipment. Transportation departs from the ODR building at 8 a.m.

## Outside the Gate

### Weekend events in and around Bamberg Sept. 17 - 26

#### Friday, Sept. 17

- 3 p.m. City fest in Würzburg, downtown area of Würzburg (and Saturday)
- 6 p.m. Sight-Running, discover Bamberg while jogging, 45-60 minutes, approximately 6.5 km, meeting point at the Tourist Information, Geyserswörthstrasse 5, cost: €5 per person, phone: 0951-2976200 or visit [www.bamberg.info](http://www.bamberg.info)
- 8 p.m. 5th Litzendorfer Bachtage, J.S. Bach cantatas and chamber music, Johannes Brahms clarinet quintet, St. Wenzeslaus church, Schimmelsgraben, 96123 Litzendorf, tickets available from the bvd Kartenservice, Lange Strasse 22, 96047 Bamberg, call 0951-980-8220 or 0170-584-6520, visit [www.bvd-ticket.de](http://www.bvd-ticket.de) or the box office (and Saturday)
- 8 p.m. Stefan Saffer, Live-Club, Folk, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 10 p.m. Bashment Special, Reggae, Ragga, Dancehall Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)

#### Saturday, Sept. 18

- 6:30 a.m. Volksmarch and marathon hiking; Volksmarch is five km, 10 km, and 20 km, fees are €1.50 for IVV stamp and € 3.50 for award and stamp; marathon is 42 km and 50 km, fees are € 2.70 for certificate and IVV stamp, €5 for award, certificate, and IVV stamp, some refreshments are provided; start for both events is the DJK Halle in St. Johannes-Strasse, 90522 Oberasbach, call 0911-698065, e-mail [rudolf.schweining@arcor.de](mailto:rudolf.schweining@arcor.de) (also on Sunday)
- 9 a.m. Fall flea market, pregnancy and children's items on sale, Geburtshaus Bamberg, Heinrich-Weber-Platz 10, 96052 Bamberg, call 0951-303637 or visit [www.geburtshaus-bamberg.de](http://www.geburtshaus-bamberg.de)
- 10 a.m. Historical arts and crafts market, watch how historical crafts were made; between 10 a.m. and 11 a.m. on Sunday; admission is free for parents with children under 16, Fränkische Schweiz-Museum, Am Museum 5, 91278 Pottenstein, call 0924-21640, e-mail [sekretariat@fsmt.de](mailto:sekretariat@fsmt.de), visit: [www.fsmt.de](http://www.fsmt.de) (and Sunday)
- 10 a.m. Roses and Garden Festival, plants and fall festival, in addition to a large variety of roses, herbs, plants and spices there will be entertainment for the entire family, Festung Rosenberg (castle Rosenberg), Kronach, call 09505-804-2889, e-mail [info@rosenmesse.de](mailto:info@rosenmesse.de) or visit [www.rosenmesse.de](http://www.rosenmesse.de) (until Sunday)
- 12 p.m. Organ concert at the Bamberg cathedral (music by J. S. Bach, J. Brahms, G. Ligeti, J. K. Kerll), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit [www.bamberger-dommusik.de](http://www.bamberger-dommusik.de)
- 2 p.m. Volksmarch and hiking with torches in Kützbberg, 5 km, 10 km, 20 km; fees are € 3.80 for medal and IVV stamp, € 1.50 for IVV stamp, pre-register by Sept. 10, start is at the Maschinenhalle, Fa. Schmitt, Kärnsweg 27, 97490 Kützbberg; hiking with torches starts at 7 p.m.; call 09726-8643
- 4 p.m. Wine fest, Gärtnerei Hertel, Bamberger Strasse 1, 96199 Zapfendorf, phone: 0954-787-060
- 5:30 p.m. Potato fest, market place, downtown, 96179 Ebing
- 7:30 p.m. Fashion show, Pilipp Einrichtungscener, Berliner Ring, 96050 Bamberg, call 0951-18040
- 8 p.m. Eric Rust & the never sleeps band, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 8 p.m. Fifth Litzendorfer Bachtage, J.S. Bach solo concerts and quartets, W.A. Mozart Italian quartets, St. Wenzeslaus church, Schimmelsgraben, 96123 Litzendorf, tickets available from the bvd Kartenservice, Lange Strasse 22, 96047 Bamberg, call 0951-980-8220 or 0170-584-6520, visit [www.bvd-ticket.de](http://www.bvd-ticket.de) or the box office (and Saturday)
- 9 p.m. Moodra, Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 10 p.m. Beat Virus: Danilo Schneider, electronic dance music, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)

#### Sunday, Sept. 19

- 7 a.m. Volksmarch in Kützbberg, five km, 10 km, 20 km, cost is €3.80 for medal and IVV stamp, € 1.50 for IVV stamp, pre-register by Sept. 10. Start is at the Maschinenhalle, Fa. Schmitt, Kärnsweg 27, 97490 Kützbberg; call 09726-8643.
- 9 a.m. Flea market, gymnasium, Schulstrasse 2, 96163 Gundelsheim
- 11 a.m. Kirchweih market; variety of goods to buy, downtown area, 96158 Frensdorf

- 11 a.m. Kirchweih in Gunzendorf, area of Gunzendorf, Buttenheim-Gunzendorf, 96155 Gunzendorf
- 5 p.m. Special concert with Les haulz et les bas, medieval wind section, the players researched music played at the court and in the cities during the middle ages; Schloss Wernsdorf, Zur Schleifmühle 4, 96129 Wernsdorf; call 0951-54900, e-mail [info@capella-antiqua.de](mailto:info@capella-antiqua.de) or visit [www.capella-antiqua.de](http://www.capella-antiqua.de)
- 5 p.m. Stephansberg fall concerts 2010, Missa dalmatica by Franz Von Suppe, free admission, asking for donations for the organ project, St. Stephanskirche, Stephansplatz 5, 96049 Bamberg, visit [www.stephanskirche.de](http://www.stephanskirche.de)

#### Friday, Sept. 24

- 2 p.m. Fitness exhibit; information on health and fitness with the possibility to try out some sports; Maxplatz, Maximiliansplatz, 96047 Bamberg (also Saturday)
- 6 p.m. Sight-Running, discover Bamberg while jogging, 45-60 minutes, approximately 6.5 km, meeting point at the Tourist Information, Geyserswörthstrasse 5, cost €5 per person, call 0951-297-6200 or visit [www.bamberg.info](http://www.bamberg.info)
- 7 p.m. Die Welt um Bach; cello suites by J.S. Bach, Studio 13, Luitpoldstrasse 40, 96052 Bamberg, call 0951-208-6303
- 8 p.m. Shane O Fearghail, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 10 p.m. morphclub Class6 Vol. 4, Soul, Funk, BigBeat, NuJazz, Swing-Hop, DnB, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)
- 11 p.m. Mojow Inscene, DJ Jackson, Cocktail Happy Hour -12:30 a.m., Mojow-Club, Obstmarkt 8, 96047 Bamberg

#### Saturday, Sept. 25

- 7 a.m. Volksmarch Schweinfurt, 6K and 11K, IVV stamp is € 1.50, start and finish is Am Sportplatz 1, 97520 Rötthlein, call 09721-34827 (Fred Worcester) or 09721-304165 (Sigrid Loomis); also on Sept. 26
- 10 a.m. Arts and crafts market, Korbwarenfabrik Friedrich, Am Bahnhof 3, 96146 Altendorf, call 09545-5544
- 10 a.m. "Lange Strasse" street fest; from Schönleinsplatz to Kapuzinerstrasse, family event with live music and entertainment for the entire family, for tickets for the fest train call 0951-986860, Lange Strasse, 96047 Bamberg
- 12 p.m. Organ concert at the Bamberg cathedral (music by J. S. Bach und J. Reubke), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit [www.bamberger-dommusik.de](http://www.bamberger-dommusik.de)
- 8 p.m. Kellner, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 9 p.m. Tango Transit, Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg, visit [www.tango-transit.de](http://www.tango-transit.de)
- 10 p.m. Kollektiv Turmstrasse (Klangklubnacht 3), Electro, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)
- 11 p.m. Mojow Mash Up Night, DJ Val De Mossa, Cocktail Happy Hour -12:30 a.m., Mojow-Club, Obstmarkt 8, 96047 Bamberg

#### Sunday, Sept. 26

- 10 a.m. Ship models at the Aquaria Coburg, Rosenauer Strasse 32, Coburg, tickets are €1 for adults and €0.50 for children 6-12 years
- 10:45 a.m. Concert, in front of the Otto church, Siechenstrasse, 96050 Bamberg
- 11 a.m. Kirchweih in Dreuschendorf, area of Dreuschendorf, 96155 Buttenheim-Dreuschendorf
- 2:30 p.m. Oktoberfest in Debring, family event, Würzburger Strasse/Am Anger, 96135 Stegaurach-Debring
- 5 p.m. Ebracher Musiksommer, classical music concert with works by Carl Maria von Weber, Max Bruch, Ludwig van Beethoven, for tickets call 0955-2297, visit [www.ebracher-musiksommer.de](http://www.ebracher-musiksommer.de), at the Kaisersaal, Marktplatz, 96157 Ebrach
- 5 p.m. Stephansberg fall concerts 2010, classical music with works by Felix Mendelssohn Bartholdy, St. Stephanskirche, Stephansplatz 5, 96049 Bamberg, visit [www.stephanskirche.de](http://www.stephanskirche.de), free admission
- 7 p.m. Classical concert, music by Chopin, Skrjabin and Debussy, Spiegelsaal der Harmonie, Schillerplatz 7, 96047 Bamberg; tickets are €19 and €12 (reduced price) and available through BVD Kartenservice, call 0951-980-8220, Lange Strasse 22, 96047 Bamberg 10; start is at the Maschinenhalle, Fa. Schmitt, Kärnsweg 27, 97490 Kützbberg; call 0972-68643 [www.capella-antiqua.de](http://www.capella-antiqua.de) the organ project

*(SFAD continued from page 1)*

tion of full day or part day fees for deployed parents; 433 children received free School of Knowledge, Inspiration, Exploration & Skills Unlimited instructional classes, worth \$25,277; \$73,910 was spent in Non-Appropriated Funds Capital Purchases and Minor Construction projects to improve our Family and Morale, Welfare and Recreation Quality of Life programs and services; and more than \$7 million spent on housing repairs and improvements.

Ten family members were nominated by battalion commanders of tenant units as outstanding volunteers and supporters and were awarded congratulatory plaques.

Those recognized and the units they support were Shaunette Sellers, 173rd Brigade Support Battalion; Lorryn Montevirgen, Health Clinic; Amiee Brown, 173rd Special Troops Battalion; Leah Gransbery, 16th Sustainment Brigade; Nichole Peterson, 16th Sustainment Brigade; Sarah Poppe, 4-319th Field Artillery; Maurella Munoz, 1002nd Military Police Battalion; Jacquelyn Dale 391st Combat Sustainment Support Battalion; Tara Davis, 54th Engineer Battalion; and Shauna P. Robey, 630th Military Police Company.

While volunteers were recognized inside the

tent, the rest of the parking lot was filled with children trying their hand at rock-climbing walls, bungee trampoline rides and blow-up mazes. Community members also enjoyed a variety of festival foods.

For Crystal Echevarria, a spouse and mother whose husband is a Soldier in 391st CSSB, SFAD is a celebration for Families whose members maintain busy work schedules.

"Families get to get together," Echevarria said. "As much work as there is on this post, to see everyone together, to see dads with their kids is really good."

The location is good because it's in a smaller area so you can easily keep track of each other, she added.

"One of the goals is to bring the Families out, to bring them together," Clay said. "It hopefully provides an outlet for stress reduction and fun."

Friday's events not only promoted appreciation for Families. Single Soldiers and civilians were also offered a venue in which relaxation, community and entertainment were provided.

"We want to have fun activities so people

can enjoy each other's company," Clay said. "There's something for everybody, from Soldiers to Families to civilians."

Winners from the first round of Operation Rising Star competed in the fest tent at 6 p.m. Community members cheered wildly as recognizable faces stepped onto the stage.

"The crowd was super enthusiastic and showed it by how loud they were," said James Frederick, Stable Theater employee and emcee for the event.

First place went to Melbeth Williams, second to Vanessa Holland and third to Tara Davis.

Williams sang "I'll Stand By You" as an impromptu encore after taking first and her husband joined her on stage.

"I think it was well-managed and well-advertised, people were aware of it and there was some great competition," Clay said. "It shows we have some great talent in our community."

The 535th Engineer Company, 54th Engineer Battalion was recognized as the most enthusiastic Family Readiness Group at the event.

*(MEMORIAL continued from page 2)*

served with these Soldiers. It was truly an honor and a privilege to have led such great men...We must continue to stand together and finish this fight in their honor. Staff Sgt. Adkinson, Spc. George, and Spc. Page, you made the ultimate sacrifice, and you will be forever remembered in our hearts for the heroes you were. We will be eternally grateful for the roles you played in our lives."

First Sergeant Richard Carullo expressed the pain of losing men that had become like sons to him.

"Some folks think of first sergeants as the mothers of their company," Carullo said. "I can't imagine a mother would want her children to go before her."

Sgt. James Triplet wrote a special tribute for Adkinson, his friend and fellow noncommissioned officer.

Adkinson and Triplet played against each other in school sports from an early age.

"There wasn't a thing we didn't talk about together," Triplet wrote. "The main topic we talked about was Oklahoma vs. Oklahoma State. We always hoped we could catch Bedlam together. So maybe one day, when we get together in the afterlife, we will get that chance. You will be missed, and brother, keep your feet and knees together on the way to Heaven."

Pfc. John Porter wrote about his friend George, a quiet man who Porter watched grow out of his shell over the course of the deployment.

The platoon noticed that he would walk during the day and run during the night, Porter joked. The platoon came to the conclusion he was afraid of the dark.

"George was a good Soldier and great friend," he wrote. "I will miss you and we will always remember you."

Spc. David RiveraBadillo wrote his memories of fellow Soldier Page.

"Cocky, enthusiastic, resilient, persistent, giving, loyal; these are words I would use to describe who Jamie Page was," RiveraBadillo wrote. "I say 'was' but I feel like he is still with us. His smile, his cocky attitude and his love for life will always be with me."

"The dictionary states that a soldier is someone who serves in a military organization. But that isn't enough to describe the soldier that Page was," he wrote. "A dictionary cannot look into a person's soul and define the fight and the will to succeed. Patriot pride personified. That was Page, a true American hero that made the ultimate sacrifice for the greater good of a free nation."

Capt. Gennaro Layo, C Company, 173rd BSB wrote about the medic he had commanded.

"Sgt. Alacaraz was by far, one of the most talented and versatile medics, I have ever been fortunate enough to work with," Layo wrote. "He was truly an expert in his craft and would always find time to share his expertise amongst the Soldiers within the company. He was a mentor, friend, motivator, caregiver, brother, comedian, and even an aspiring professional lip-syncer."

Sgt. Erick Detrick added to the tribute.

"Alcaraz was one of our brothers," Detrick said. "Our little brother. He was a lifelong friend and now we all have lifelong memories of him...I saw Alcaraz as a person before I saw him as a Soldier and he was a great person."

The Soldiers were posthumously promoted in rank, as reflected in this article.

# Bamberg Movie Schedule

AAFE's Reeltime Theater is CLOSED Tue. and Wed.

Thur.	Sept. 16	Inception (PG-13)	7 p.m.
Fri.	Sept. 17	Machete (R)(1st Run)	7 p.m.
Sat.	Sept. 18	Despicable Me (PG)	3 p.m.
		Machete (R)(1st Run)	7 p.m.
Sun.	Sept. 19	Despicable Me (PG)	3 p.m.
		Inception (PG-13)	7 p.m.
Mon.	Sept. 20	Machete (R)(1st Run)	7 p.m.
Thur.	Sept. 23	Predators (R)	7 p.m.
Fri.	Sept. 24	Resident Evil: Afterlife (R)(1st Run)	
Sat.	Sept. 25	The Sorcerer's Apprentice (PG)	3 p.m.
		Resident Evil: Afterlife (R)(1st Run)	7 p.m.
Sun.	Sept. 26	The Sorcerer's Apprentice (PG)	3 p.m.
		Predators (R)	7 p.m.
Mon.	Sept. 27	Resident Evil: Afterlife (R)(1st Run)	7 p.m.
Thur.	Sept. 30	The Sorcerer's Apprentice (PG)	7 p.m.
Fri.	Oct. 1	The Town (R)(1st Run)	7 p.m.
Sat.	Oct. 2	Ramona and Beezus (PG)	3 p.m.
		Salt (PG-13)	7 p.m.
Sun.	Oct. 3	Ramona and Beezus (PG)	3 p.m.
		The Town (R)(1st Run)	7 p.m.
Mon.	Oct. 4	Cyrus (R)	7 p.m.
Thur.	Oct. 7	Salt (PG-13)	7 p.m.
Fri.	Oct. 8	Charlie St. Cloud (PG-13)	7 p.m.

(PREVENTION continued from page 2)

some serious issues. She encouraged Soldiers to look out for each other and to take advantage of the help provided through the military.

"We all choose to do the things we do," she said. "We have lots of services on post. We can give you the tools, but it's up to you to use them."

Rick Velez, from Behavioral Health, mirrored those comments.

"Many Soldiers won't come through the doors," he said. "They think it will affect their career."

Confounding the issue is the perceived myth that talking about emotions is not a sign of strength in a Soldier, Velez said.

"It's hard for Soldiers to talk about their feelings," he said. "It's not something they like to do."

Chaplain (Maj.) Dave Jacob, a family life chaplain, said the first line of defense begins with each Soldier.

"A strong Soldier rises up to meet the challenge and gets help," Jacob said. "A weak Soldier pretends problems will go away and does nothing."

While suicide is most common in young, male Soldiers, it isn't something that is exclusive to that age group. It knows no age, ethnic or class restrictions, Velez said.

"Just because they're young doesn't mean they shouldn't be taken seriously if you see the warning signs," said Velez.

The training class was good, said Sgt. Aaron Toston, Forward Support Company, 54<sup>th</sup> Engineer Battalion, who attended the class.

"Many Soldiers have heard the information before, but it is always good to hear it again," Toston said. "Sometimes, I think Soldiers see it as a waste of time. But you never know if someone is going through a particular point or situation in their life where they need to hear the information."

The ASAP is hosting another suicide prevention training class Sept. 28 at Preston Hall from 9:30 a.m. – noon. The community is invited to attend. For more information about the class, contact Abigail Mujica at 0951-300-7585. To read the Army's 2010 Health Promotion Risk Reduction and Suicide Prevention Report log on to <http://www.army.mil/-news/2010/07/28/42934-army-health-promotion-risk-reduction-and-suicide-prevention-report/index.html>.

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"FOURTH ANNUAL 24-HOUR ASSUALT"

In memory of all Sky Soldiers

**Get Fit, Saturday from 9 - 2 p.m. at the FFF**

# Bamberg city classes now open for the fall, winter

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes in the fall and winter. Classes range from languages to cooking, from yoga to horseback riding. Some of these classes are very popular and fill up early. You can sign up via their German website [www.vhs-bamberg.de](http://www.vhs-bamberg.de), or at their office at Tränkgasse 4, 96052 Bamberg. Their opening hours are Monday 9:30 a.m.-12:30 p.m. and 2 - 5 p.m., Tuesday, Wednesday, Thursday 9:30 a.m. - 12:30 p.m. and 2 - 4 p.m. and Friday 9:30 a.m. - 12:30 p.m. There are extended opening hours until Sept. 24: Monday 9:30 a.m. - 5 p.m., Tuesday, Wednesday, Thursday 9:30 a.m. - 12:30 p.m. and 2 - 5 p.m., Friday 9:30 a.m. - 12:30 p.m. Payment must be in cash or via German bank withdrawal so have your bank information ready if you choose this method of payment. The following is only a small selection of classes. The number in parenthesis is the course number. Please check the website for locations.

Course	Day	Start	Time	Sessions	Price
(3012) German Beginner	Thur.	Sept. 30	6 – 8 p.m.	10	€ 60.48 (plus € 23 for books)
(3013) German Intensive course – Basic level A2	Tue. and Thur.	Oct. 5	6:30 – 8 p.m.	20	€ 76.80 (plus € 24.95 for books)
(3014) German Intermediate B1	Thur.	Sept. 30	7 – 8:30 p.m.	15	€ 57.60 (plus € 18.50 for books)
(4251) Yoga	Sat.	Dec. 4	9:30 a.m.– 12:30 p.m. and 1:30 – 4 p.m.	1	€ 16.23
(4252) Yoga Intensive course	Tue. to Thur.	Nov. 2 – 4	9:30 a.m. – 12:30 p.m.	3	€ 29.21
(4261) Yoga Beginners and Intermediate	Mon.	Sept. 27	6:20 – 7:50 p.m.	12	€ 46.08
(4276) Yoga	Thur.	Sept. 30	8:30 – 10:00 a.m.	15	€ 58.60
(4281) Yoga Beginners	Thur.	Oct. 7	4:30 – 5:30 p.m.	10	€ 39.40
(4296) Yoga (with Pilates)	Tue.	Sept. 28	6 – 7:30 p.m.	15	€ 64.36
(4820) Greek Dance (slightly advanced)	Mon.	Oct. 11	7 – 8:30 p.m.	10	€ 60.24
(4830) Dances from Israel	Sat.	Oct. 23	1:30 – 3 p.m. and 3:30 – 5 p.m.	1	€ 12.04
(4831) Scottish Dance	Sat.	Dec. 4	1:30 – 3 p.m. and 3:30 – 5 p.m.	1	€ 12.04
(4843) Irish Set Dance (Beginners)	Wed.	Oct. 13	6:30 – 7:30 p.m.	3	€ 15.78
(4850) Oriental Dance (Beginners)	Fri.	Oct. 8	6 – 7 p.m.	10	€ 40.16
(4871) Samba Brazil	Fri. and Sat.	Nov. 19 Nov. 20	6:30 – 9:30 p.m. 2:30 – 5:30 p.m.	2	€ 25.00
(5225) Baking - Faschingskrapfen – Helau! (traditional donut)	Sat.	Jan. 29, 2011	10 a.m. – 2 p.m.	1	€ 12.80 (plus € 10 for ingredients)
(5400) Franconian Dishes (bring sharp knives)	Sat.	Oct. 16	10 a.m. – 2 p.m.	1	€ 13.13 (plus € 10 for ingredients)
(5425) Moroccan	Fri.	Oct. 1	5 – 9 p.m.	1	€ 19.80
(5431) Indian – Madras	Fri. Sat.	Nov. 19 Nov. 20	6 – 9:30 p.m. 10 a.m. – 1 p.m.	2	€ 32.18
(5233) German Layer Cakes (Beginners – bring round baking dish, icing bag)	Fri. Sat.	Jan. 21, 2011 Jan. 22, 2011	5 – 9:30 p.m. 10 a.m. – 1 p.m.	2	€ 23.13 (plus € 10 for ingredients)
(4950) Horseback riding – basics (English style)(12 years up)	Fri.	Oct. 15	8 – 9 p.m.	10	€ 110
(4951) Horseback riding – basics (English style)	Sat.	Oct. 16	10 – 11 a.m.	10	€ 110

For more classes and information on locations of classes as well as information on refunds please contact the VHS directly at 0951-871-108, at their office or visit [www.vhs-bamberg.de](http://www.vhs-bamberg.de). Also, please double check dates and times when you sign up.



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Come in and get surprise giveaways from 11 a.m. – 1 p.m.  
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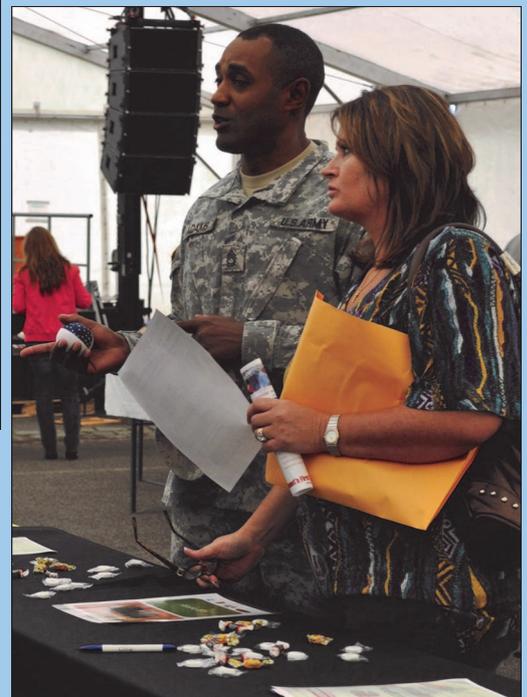


Go to <http://www.commissaries.com>

The commissary will have a Case Lot Sale Oct. 2-3.

Click [here](#) for printable online coupons.  
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# 2010 Community Expo and Job Fair



Photos by Ashley Bateman